

# DANGER AFTER SPANISH INFLUENZA OR GRIPPE

How it Can Be Avoided and Treated. Simple Rules to Be Followed. No Occasion for Panic

No need of anyone being afraid of the after effects and slow recovery from Spanish Influenza, hard colds or Grippe, if they will use common sense and start in building up their health and strength the right way. The main thing is to get the blood rich, red, and pure, so it can carry life-giving oxygen and strength to every part of the body. Impure blood is the cause of so many slow recoveries and set-backs. Doctors say: "Get the blood right and the rest is easy, that nine-tenths of all sickness is due to lack of iron and phosphates; the healthy strong, vigorous man or woman's blood is always loaded with these two life-giving elements".

Physicians also claim with fresh air and nourishing food nothing equals Phosphated Iron as a blood tonic and health builder. Phosphat-

ed Iron takes hold from the first dose. Results are seen and felt; strength returns, food digests, appetite picks up, sleep is restful, there is a color in the cheeks and a sparkle to the eye that only blood charged with iron and phosphates can give. It is the duty of everyone who has had Spanish Influenza, Grippe or a hard cold to build up their system with nature's tonic, Phosphated Iron. It sure is health protection. Safety first. The results will repay you many times. Give yourself a show. Special notice: To insure doctors and their patients getting the genuine Phosphated Iron we have put in capsules. Do not take pills or tablets. Insist on capsules. E. A. Drown, druggist, and leading druggists everywhere.—Adv.

## WEST TOPSHAM

What Two Somerville Women Accomplished Here as Farmerettes.

Mrs. E. J. Blanchard and Mrs. B. A. Adams are soon to return to their home in Somerville, Mass., after a successful summer's farming in this town. They have demonstrated that city women can make good farmerettes, for on Oct. 14 they shipped from Bradford the result of labors, a load of canned goods and vegetables which weighed 4,000 pounds, and that does not include two hogs to be shipped later. They have kept a cow, done their own milking, garden work, harvesting and all necessary chores that go with farm work, doing their bit to help Uncle Sam lick the Hun.

Mrs. Chester Hight and Mrs. Daniel Cilley are the latest influenza victims. Allan Carter and family have moved into the place they recently purchased from Everett Magoon.

Moses Hood and family have moved into the place known as the Chambers place.

Florian Church and D. E. Bagley were at Waits River on business last week. We are sorry to learn of the death of Agnes Mae Richardson at Waits River.

## EAST CALAIS

John R. Wilson of Worcester visited his daughter, Mrs. Guy Bancroft, on Thursday.

John Emery has been detained from work for a few days on account of rheumatism.

Mrs. Kate Haskell is quite poorly at present.

Mrs. C. W. Taylor and daughter, Lillian, visited at Guy Bancroft's recently.

Mrs. C. E. Bliss visited in Barre over Sunday.

Mrs. Susie Lamb is at A. A. Gove's, caring for Mrs. Susan Dodge.

T. R. Carvey of Burlington was a business visitor in town the last of the week.

Miss Jessie Slayton of Montpelier visited relatives in town the past week.

Mrs. Cecil Spaulding has been visiting her aunt, Mrs. Frank Gray, the past week. Mrs. Spaulding was formerly Mary Gilman of this village.

Miss Grace Bliss visited friends in Barre Saturday.

Mr. and Mrs. Elroy Young visited Mrs. Edna Kelley in Worcester Sunday.

Mrs. Nina Taylor was in Hardwick last week, called there by the sickness and death of her sister, Mrs. Hermon Slayton.

Mr. and Mrs. Robert Lawrence were in town Sunday.

Mr. and Mrs. George Whalen of Montpelier visited at George Lawson's on Sunday.

D. D. Lamb was a business visitor in Marshfield the first of the week.

A barrel of nut shells will be shipped Nov. 15. Please bring in what you have, as the barrel must be shipped Nov. 15.

Mrs. Lee Goodell of South Woodbury visited friends in the place recently.

George L. Morris of Barre was in town on business recently.

The condition of Mrs. Elizabeth Peck, who is suffering from the effects of a fall, remains about the same.

Forrest Gray was a visitor in Barre the past week.

## GRANITEVILLE

Thursday, Oct. 31, will be bag day for the Barre City Hospital. Any donation to that institution on that day will be fully appreciated. Bags will be distributed and each family is asked to contribute what it can.

# AMERICANS HAVE STRONG NERVES

## Nervousness and Nerve Troubles on the Decline

"Nothing wrong but your nerves", is a saying that is fast dying out in this country. While nerve trouble is no organic disease, a leading nerve specialist remarked: "A man or woman might better break a leg than have a shattered nervous system".

Overwork and worry drains the nerve cells of their reserve strength and food, and then follows the sleepless night, indigestion, poor appetite, impure blood and general nervous breakdown. The thing to do in such cases no longer troubles doctors and their patients who know from their own experience the value of Phosphated Iron. They know that a few weeks' regular use of this nerve food and red blood builder will strengthen and brace up the whole nervous system, because Phosphated Iron gives the tired, hungry, worn-out nerve cells phosphates and iron, in a form easily and quickly absorbed; as one happy user said: "You can almost feel it taking hold of the nerves and blood after a short time you feel like a new person; life seems a pleasure and worth living once again".

In every section where Phosphated Iron has been used there has been a big decrease of nerve troubles and it will prove a welcome relief to any sufferer. You can bank on it for results—it's pure. To insure physicians and their patients getting the genuine Phosphated Iron we have put in capsules only, do not take pills or tablets. Insist on capsules.

E. A. Drown, the druggist, and leading druggists everywhere.—Adv.

## PLAINFIELD

Son of P. J. Charon Died in So. American Waters—Was in Navy.

Mr. and Mrs. P. J. Charon received the sad news Friday of the death of their son, who was in the navy and was in South American waters.

Herman L. Sparrow of Northboro, Mass., called on his cousin, Miss Elsie Clark, Thursday.

Mr. and Mrs. B. W. Davis of Marshfield were recent visitors at Will Greer's.

Miss Elva Townsend of East Montpelier was in town Thursday on business.

Theo Clark and children of North Montpelier were in town one day last week.

Mrs. John Henderson and Mrs. Antonio Bonazzi were in Montpelier on business one day last week.

Mr. and Mrs. Malcolm MacLeod and daughter, Elsie, were in Barre Friday on business.

Mr. and Mrs. Alfred Hooker of Hardwick visited relatives in town last week.

Clarence and George Templeton of North Montpelier were in town one day last week.

Misses Ruth and Rena Cate of East Montpelier spent the week end with Miss Elsie Cate.

Deerfoot creamery separates milk for its patrons only every other day now.

Raymond Lupien of Camp Devens visited his parents, Mr. and Mrs. L. L. Lupien, the first of the week.

Frank Shorey and sons of Montpelier were in town Sunday.

Mrs. Guy Newell is ill with lumbago. Mrs. F. S. Page and son, Fred, of Marshfield were in town Monday.

Supt. J. W. Butterfield and wife of Cabot were in town the first of the week.

Orlando Clark of East Montpelier was a visitor in town Monday.

Philip Polson and family have recently moved to St. Johnsbury.

Dr. O. W. Hodgdon and family have moved to Peacham. Dr. Hodgdon was of great help to the community in the time of the terrible epidemic which passed through our town a few weeks ago.

J. Lilly and family of Calais were in town Sunday.

Mr. and Mrs. Jerome Ballow, Mrs. Alton Lafayette and daughter and Miss Maybelle Comstock spent Sunday with Mr. and Mrs. Ralph Wells of Marshfield.

Misses Carrie and Edith Hollister of Montpelier were in town Tuesday.

Mr. and Mrs. W. C. Partridge have returned to their home in Cabot.

Mr. and Mrs. Ralph Witham were in Williamstown Friday.

O. L. Martin was a business visitor in town last week.

S. A. Thompson of Barre was a business visitor in town Tuesday.

Dr. Avery and family of East Barre visited Mr. and Mrs. H. B. Partridge Tuesday.

Mrs. Emma Davis of Lynn, Mass., has been spending a few days with her niece, Mrs. Emma Bartlett.

Mrs. T. H. Bartlett was in Montpelier one day last week, called there by the illness of her nephew, Karl Nelson.

Mrs. A. W. Clark and Gladstone of Barre were in town Wednesday and Thursday.

Friends of Henry Hudson, who is at Newport News, Va., will be pleased to hear of his promotion to sergeant.

Mrs. Bertha Moore helped care for Nelson Welch's little daughter part of last week. She was very ill with pneumonia.

William Bancroft of Pawtucket, R. I., is spending a few days at the Bancroft inn.

George W. Gault is in town. He has an honorable discharge from U. S. service.

Herbert Flood of St. Johnsbury is spending a few days in town.

Mr. and Mrs. Downs of Northfield are stopping at Bancroft inn.

Some Men Are Born to Think, some acquire the habit. Others have thoughts thrust upon them. Thinkers born, or by habit, or by thrust, are hereby invited to consider the claims of life insurance and the opportunities we offer. National Life Ins. Co. of Vt. (Mutual.) S. S. Ballard, general agent, Rialto block, Montpelier, Vt.

# HEALTH BOARDS GIVE WARNING OF INFLUENZA DANGER

Ask People to Be Careful and Take Proper Treatment Promptly—Many Pneumonia Cases Follow Influenza—What to Do.

To be prepared for the serious outbreaks of influenza and pneumonia that are now sweeping over the entire country and that have seized on this community, Public Health Boards everywhere are issuing cautions and instructions to the public not to neglect treatment at the first symptom of a cold and to cooperate with health boards and physicians in stamping out the spread of the disease.

No disease develops so quickly or spreads so rapidly. The first symptom usually is a sharp rise in temperature to 103 or 104 degrees, headache, pain in the back, throat feeling dry or sore. Unless promptly checked by proper treatment the best plan is to go to bed and stay there for at least a week, keeping warm to avoid pneumonia, and let the minor ailments run their course and also prevent the spread of the disease to others.

Most of us, in these busy days, cannot afford, if it can be avoided, to lose a week or more of work, so it is all the more necessary that at the very first sign of grip or influenza a counter-acting treatment should be taken.

Probably no better or more effective treatment could be followed at such a time than to get from the nearest drug store a complete Hyomei outfit, consisting of a bottle of the pure Oil of Hyomei and a little vapo-rub, and rubber inhaling device into which a few drops of the oil are poured.

Put the inhaler in your mouth and breathe its air deep into your nose, throat and lungs. Every particle of air that enters your breathing organs will thus be charged with an antiseptic, healing, balsam.

You can't do this too often. The Hyomei inhaler is small and can be conveniently carried in a handbag or in your vest pocket. Every half hour or so throughout the day, take it out and draw a few breaths of its pure healing air into your nose and throat. The outfit is not at all expensive, for the rubber inhaler will last a lifetime, while the Oil of Hyomei can be obtained at little cost from any reliable druggist. Lots of people already have a Hyomei outfit. Take it out, charge it and use it without delay. If you haven't one, get it today.

A few cents spent now may easily prevent serious illness and save you many dollars and help along the spread of the disease.—Adv.

Bay State Paints For Every Purpose WADSWORTH, HOWLAND & CO., Inc. Barre, Mass.

# COULD NOT STOP THE HEADACHES

Until She Tried "Fruit-a-tives" (or Fruit Liver Tablets)

112 CONSUM ST., ST. JOHN.

"I feel I must tell you of the great benefit I have received from your wonderful medicine, 'Fruit-a-tives'. I have been a sufferer for many years from Violent Headaches, and could get no permanent relief.

A friend advised me to take 'Fruit-a-tives' and I did so with great success; and now I am entirely free of Headaches, thanks to your splendid medicine".

MRS. ALEXANDER SHAW, 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price, by FRUIT-A-TIVES LIMITED, OGDENSBURG, N. Y.

## NEWBURY

Earl B. Greer has been nominated by the Democrats as their candidate to represent the town of Newbury. Mr. Greer is a coming man, a man of ability and with a wide business acquaintance. He would be an honor to the town which he is proud to claim as his birthplace.

It is now expected that the town will be off and that our schools will reopen next Monday and that there will be services in the churches Nov. 3. This will depend entirely on the verdict of the board of health.

George L. Andrews and Miss Louise Hibbard, who have been spending the summer in their place, left Monday morning for their homes in California. Miss Hibbard will stop off at Kansas City and will visit her brother, Lang Hibbard, in Cherryvale, Kan. Miss Olive Dodge left for the winter last Friday and will spend the winter with a nephew in Illinois.

Rev. Henry L. and Mrs. Ives have returned from a short automobile trip, in which they visited their old home in West Hampton, Mrs. Clapp (their daughter) with her infant son, returned with them.

Mrs. Eloise Humphrey Nelson has returned from Cottage hospital much improved in health.

George Edwards for the last two or three weeks has been slightly under the weather, but not enough to deter him from carrying the mail or his regular duties. The sensation is in his left side, right under the fourth rib and seems to affect his mind. He noticed it first just about the time school closed. He thinks which we will never clear, the fact is, and if school will only begin he will recover. It is nothing serious. We all have had a slight touch of it.

Mrs. William Knight and son for the past few days have been the guests of Madam Greer, as well as Grandpa Knight. Miss Martha Knight is visiting her father.

William Messervy, the six-year-old son of Miss Messervy, is like Nimrod of old, a mighty hunter. Skunks seem to be his forte. He captured one the other night in a trap and with boyish pride brought it into the house to show his pater, who was suffering from a severe attack of asthma. Asthmatic Relief had no effect on the sufferer, but as soon as boy, skunk and trap landed in that rooming room dad was a well man and with an exclamation which we will not record, the trio departed more quickly than they came in, leaving a pungent odor which remaineth even unto this day.

Norman C. Baker is repairing the bridge up on "Cow meadow," near the Lang residence. Cement will be used in place of plank, and cement panels will guard the sides. Mr. Baker is here with his family and occupies the second house below the post office.

Karl A. Emerson, who died recently in Montreal from Spanish influenza, was the popular principal of Newbury high school during the years of 1915 and 1916 and he leaves a host of friends in this place who regret his untimely taking-off.

Mrs. C. D. Bolton of Los Angeles, Cal., is visiting at P. G. Bolton's.

Mrs. Eugene Templeton of Lincoln, Neb., is visiting Mrs. Lyman Hull and other relatives in town.

Mrs. Glenn Dodge, who has been quite ill with grip, is improving.

Mrs. Dean Witham is ill.

There will be preaching services at the Methodist church Sunday, followed by Sunday school at 12 o'clock. Subject of the sermon, "The War and the Kingdom." Owing to the fuel conservation, there will be no Sunday evening services during the winter, beginning Sunday, Nov. 3.

Mrs. Archie Saxby of Marshfield spent a few days with her parents, Mr. and Mrs. Forrest Gay, recently.

Mr. Leon Story is visiting her sister, Mrs. Freeman Rivers.

Ben Sheldon and Arthur Upton have moved their families to Montpelier.

When Earl Maxham visited his traps Monday morning, he found one in the possession of a lynx, which he brought home alive and now has on exhibition.

Mrs. William Bussard Oct. 22 at the home of her father, Arnold Gibson, after a short illness with the grip, followed by pneumonia. They came here only a few weeks ago from Swanton. The funeral was held Wednesday at 2 o'clock, with burial in Worcester cemetery.

Mr. and Mrs. Seth Wood and son, Jerome, of Montpelier, are spending their vacation at A. F. Hurd's.

Mrs. Frank Adwin of Montpelier is at Adolphus Barney's for a few weeks.

A daughter was born Friday, Oct. 25, to Mr. and Mrs. Edward Johnson.

Mrs. Deil Cooley, who has been spending a few weeks with her sister, Mrs. Mark Ladd, has returned to Montpelier.

Mrs. Deane Kelley, who returned from Lynn, Mass., and is at her father's, Arthur Johnson.

Mr. Brockway has returned to Williamstown after having spent the summer with his daughter, Mrs. C. W. Clark.

Mr. and Mrs. Lewis Hayward and sons were in Williamstown last Thursday.

Dr. and Mrs. E. G. Sprague and family of Barre visited relatives here last Sunday.

WEST BERLIN

Mrs. Allard from Northfield spent a short time with her sister, Mrs. Ed Provost, last week.

News was received last week by Miss Corrie Streeter that her niece, Miss Corrie Ramsdell, was very ill at Camp Green, Charlotte, N. C. At last reports she was a little more comfortable.

Mrs. M. D. Glines spent a day in Montpelier last week.

The friends of Mr. and Mrs. Ira H. Buck are sorry to learn that they are soon to leave this place, as they have sold their farm and will soon go to White River Junction. Mr. Conrad from New York state has bought the place and expects to be here near the middle of November.

Mrs. Clara Jenkins and daughter, Doris, from Barre, were guests of Mr. and Mrs. Stockwell last week.

Mrs. LaForest of Northfield spent a few days with her daughter, Mrs. Ed Provost, last week.

Mr. and Mrs. B. S. Gove were in Northfield Sunday.

Miss Helen Glines has returned to Putnamville, where she has been employed for a long time.

NORTH RANDOLPH

Mrs. E. A. Fitts has returned from Windsor.

Frank Blodgett moved his family to Quebec last Tuesday.

Mr. and Mrs. Earl Tyler of Irasburg have been visiting at his mother's.

Ray Blaisdell has been ill and under the care of Dr. Ellis.

C. E. Taft and family, Mrs. F. C. Cane and W. C. Cane were in Windsor last Wednesday to attend the funeral of Roy A. Huse.

WEST BROOKFIELD

David Phillips returned Monday to Raymond, Wash.

Mrs. H. L. Wakefield is on the sick list again.

Floyd Christopher is much better at this writing.

Carlton Bowman and friend of Randolph Center were Sunday visitors at E. R. Bowman's.

Horace Wakefield and Mr. and Mrs. Lewis Wakefield were in Bethel on business one day last week.

RHEUMATISM

Physician Believes a Genuine Remedy for the Disease Has Been Found.

Rheumatism, the wonderful rheumatic remedy sold by E. A. Drown & Co. and all druggists, gives quicker and more lasting relief than other remedies costing many times as much. Rheumatism, the deadly poisonous secretions into the bowels and kidneys, from which they are quickly thrown off in a natural way.

Read what a reputable physician says about Rheumatism: "I have made a most careful investigation of the formula employed in the manufacture of Rheumatism, and I heartily recommend it as a remedy for all forms of rheumatism. I find Rheumatism far in advance of the methods generally employed in the treatment of rheumatism, and altogether different in composition from the remedies usually prescribed."

Dr. M. C. Lyons. This should give any sufferer from rheumatism confidence to try Rheumatism.—Adv.

## ADAMANT

In Memory of Maurice H. Ferris, Who Died at Camp Colt.

Maurice Henry Ferris, oldest son of the late Maurice H. and Jennie Ricker Ferris, died at Camp Colt, Gettysburg, Pa., Oct. 2, after a brief illness of influenza, followed by pneumonia. He enlisted in the school for mechanics at Burlington in June, 1918, and remained there until Sept. 12, when he was transferred to Camp Colt, Gettysburg. Mr. Ferris was born in Groton Aug. 24, 1888. He was married in January, 1918, to Miss Leila Webber of Woodbury, who survives him.

Besides his wife, he is survived by his mother, one sister, Alice, who resides at home, and five brothers, Edward D. of the school of mechanics, Burlington; James Erwin of Springfield; Private Allie R. of Fort Williams, Portland, Me.; Fred H. and Horace C., who reside at home, a brother, Philip, having been killed on a quarry in Barre, Jan. 11, 1911.

There was no funeral, owing to the illness of the family. Interment was in Wilson cemetery, Barre.

Weep not for husband, son and brother. 'Tis best that he should go. Although it seems so hard to bear, We know it must be so. For all God's work is for the best, Though we do not understand; For we must trust and watch and pray, Till we meet in the better land.

For well we know God's promise given To us of trust and wait, We will meet our dear ones once again. At the entrance of Heaven's gate. So wait, dear friends, and do not weep. For the dear one passed away. Although we know it seems so sad, Trust God and watch and pray. E. M. D.

Card of Thanks.

We wish to thank our many friends and neighbors for the kindness and sympathy shown us during our recent bereavement, also for the assistance given us during the illness of our family.

Mrs. Leila Ferris, Mrs. Jennie Ferris, Edward Ferris, Ervin J. Ferris, Fred H. Ferris, Alice M. Ferris, Horace C. Ferris, Allie R. Ferris.

BETHEL

A daughter, Esther Marion, was born Sunday to Mr. and Mrs. F. Leslie Southworth of Windsor, formerly of this place.

Miss Adeline Chamberlain reached her 83d anniversary yesterday, several friends calling and others sending messages.

Ralph Twitchell, a member of Headquarters company, 74th infantry, is here from Camp Devens for a brief stay.

Norman Carr, writing from France to his sister, Mrs. Ralph P. Shaw, tells of seeing Charles J. Bacheider, who arrived there a few weeks ago.

Class I men living in this vicinity have been summoned to appear next Thursday for physical examination in Bethel. The local board on a former occasion conducted physical examinations at the Bascom theatre in this village.

The churches will resume services next Sunday, Nov. 3, and the schools will open the day following.

Nearly every farmer in the valleys and some on the hills have good exhibits of seed corn and a fair amount in crib. The corn yield surprised everyone, in view of the late June and early September frosts.

There was an unusually good yield of cabbages in many gardens this season. The local market provides only a limited demand and there should be some way of finding a market elsewhere.

WEST BERLIN

Mrs. Allard from Northfield spent a short time with her sister, Mrs. Ed Provost, last week.

News was received last week by Miss Corrie Streeter that her niece, Miss Corrie Ramsdell, was very ill at Camp Green, Charlotte, N. C. At last reports she was a little more comfortable.

Mrs. M. D. Glines spent a day in Montpelier last week.

The friends of Mr. and Mrs. Ira H. Buck are sorry to learn that they are soon to leave this place, as they have sold their farm and will soon go to White River Junction. Mr. Conrad from New York state has bought the place and expects to be here near the middle of November.

Mrs. Clara Jenkins and daughter, Doris, from Barre, were guests of Mr. and Mrs. Stockwell last week.

Mrs. LaForest of Northfield spent a few days with her daughter, Mrs. Ed Provost, last week.

Mr. and Mrs. B. S. Gove were in Northfield Sunday.

Miss Helen Glines has returned to Putnamville, where she has been employed for a long time.

NORTH RANDOLPH

Mrs. E. A. Fitts has returned from Windsor.

Frank Blodgett moved his family to Quebec last Tuesday.

Mr. and Mrs. Earl Tyler of Irasburg have been visiting at his mother's.

Ray Blaisdell has been ill and under the care of Dr. Ellis.

C. E. Taft and family, Mrs. F. C. Cane and W. C. Cane were in Windsor last Wednesday to attend the funeral of Roy A. Huse.

WEST BROOKFIELD

David Phillips returned Monday to Raymond, Wash.

Mrs. H. L. Wakefield is on the sick list again.

Floyd Christopher is much better at this writing.

Carlton Bowman and friend of Randolph Center were Sunday visitors at E. R. Bowman's.

Horace Wakefield and Mr. and Mrs. Lewis Wakefield were in Bethel on business one day last week.

RHEUMATISM

Physician Believes a Genuine Remedy for the Disease Has Been Found.

Rheumatism, the wonderful rheumatic remedy sold by E. A. Drown & Co. and all druggists, gives quicker and more lasting relief than other remedies costing many times as much. Rheumatism, the deadly poisonous secretions into the bowels and kidneys, from which they are quickly thrown off in a natural way.

Read what a reputable physician says about Rheumatism: "I have made a most careful investigation of the formula employed in the manufacture of Rheumatism, and I heartily recommend it as a remedy for all forms of rheumatism. I find Rheumatism far in advance of the methods generally employed in the treatment of rheumatism, and altogether different in composition from the remedies usually prescribed."

Dr. M. C. Lyons. This should give any sufferer from rheumatism confidence to try Rheumatism.—Adv.

## &lt;